



Safety Topic of the Month

Prevent Hand Injuries!

9/2/08

hands



...too precious to lose.

Hand injuries – some figures

- In 2007 we had 77 hand and wrist injuries
 - One of these was a recordable injury
- In 2008 we've had 28 hand and wrist injuries
 - 4 of these were recordable injuries
 - ▶ 3 of these recordable injuries resulted from trips and falls
- According to the Bureau of Labor Statistics nearly 205,000 injuries and illnesses to wrists / hands / fingers in 2006 involved days away from work
 - That was 27% of the total days away from work injuries
 - In one recent year, about 8,000 of those injuries involved some degree of amputation



How important are your hands?

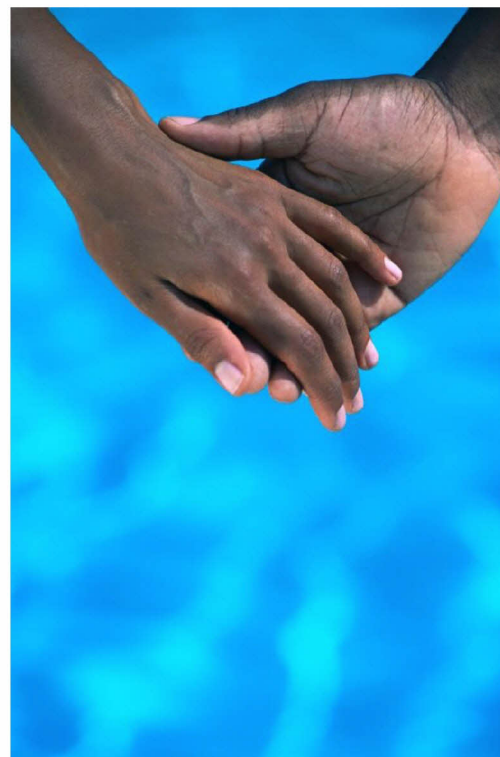
- The hand is one of the most complex parts of your body - the movement of the tendons, bones, tissues and nerves allows you to grip and do a wide variety of complex jobs
- Without your hands it would be extremely difficult to do routine simple tasks, such as opening doors, using a fork, or tying your shoes
- Your hands make you a skilled, valuable worker
- The improper use or misuse of hand tools cause minor to serious hand injuries
- Hand injuries are likely when the wrong tool is used or the right tool is used improperly

Living with Hand Injuries

Practical Exercise

- Tuck your thumbs into the palms of your hands
- Now tie your shoes

It's not that easy – is it?



Why are hand injuries serious?

Hand injuries are difficult to repair because of the complexity of the hand

After a hand injury, the hand may not function as it did before the injury due to loss of:

- Motion
- Dexterity
- Grip
- Ability to complete the simplest of tasks





Avoiding Hand Injuries

- Know the hazards and dangers in the job to be done
 - Conduct your own LPSA before starting any task (no matter how routine) – what's the worst thing that can happen and how can it be prevented
- Be aware of pinch points – they account for about 15% of all OSHA recordable injuries
- Be aware of hot surfaces
- Be aware of rotating or moving tools and equipment
- Some machinery may be controlled by remote control, or delayed timing devices that cause the machine to start automatically
- Loose clothing and jewelry may be caught up in moving machinery
- Never remove machine safeguards or operate machinery with safeguards removed

The CTR has provided further instructions to keep hands safe:



- When using any power tools in the Refinery, all manufacturers' safety devices will be in place and functional.
- Any power hand tool equipped with a side handle will be used whenever possible. If the side handle is removed for a specific task, the task will be outlined in the crews' JHA.
- Power tools with an on/off switch that will shut off when the tool is released and are equipped with a safety device to prevent the tool from inadvertently being turned on are preferred. Any power tool equipped with a power switch that can be locked in the "on" position should not be used in the "locked on" position. If the power switch is "locked on" for a specific task, the task will be outlined in the crews' JHA.
- GFI (ground fault interrupter) will be used on all power tools and will be attached at the power source.



Lines of Defense against Hand Injury

1. Awareness of Hazards and steps for Prevention
 - Conduct an LPSA before beginning work. Ask yourself...
What could possibly go wrong while I conduct this task?
What's the worst thing that could happen?
 - How do you minimize those hazards?
2. Personal Protective Equipment (PPE) – Gloves suitable for the task.
3. Good Housekeeping – Prevents slip, trip, and fall incidents.
4. Follow all procedures.

Take a moment to view the Mid-Continent / Alaska Business Unit's hand safety video – [Hand Safety: Think Five](#)